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**In the Woman's World****RECIPES TRIED AND FOUND SUCCESSFUL BY WOMEN  
OF HONOLULU****A FEW USES OF THE CHINESE  
SHADDOCK OR POMELO**(Recommended by Mrs. Walter F.  
Frear).Remove the pulp of the fruit from  
the surrounding white tissue which  
is very bitter. Chill thoroughly and  
then serve in any of the following  
ways:

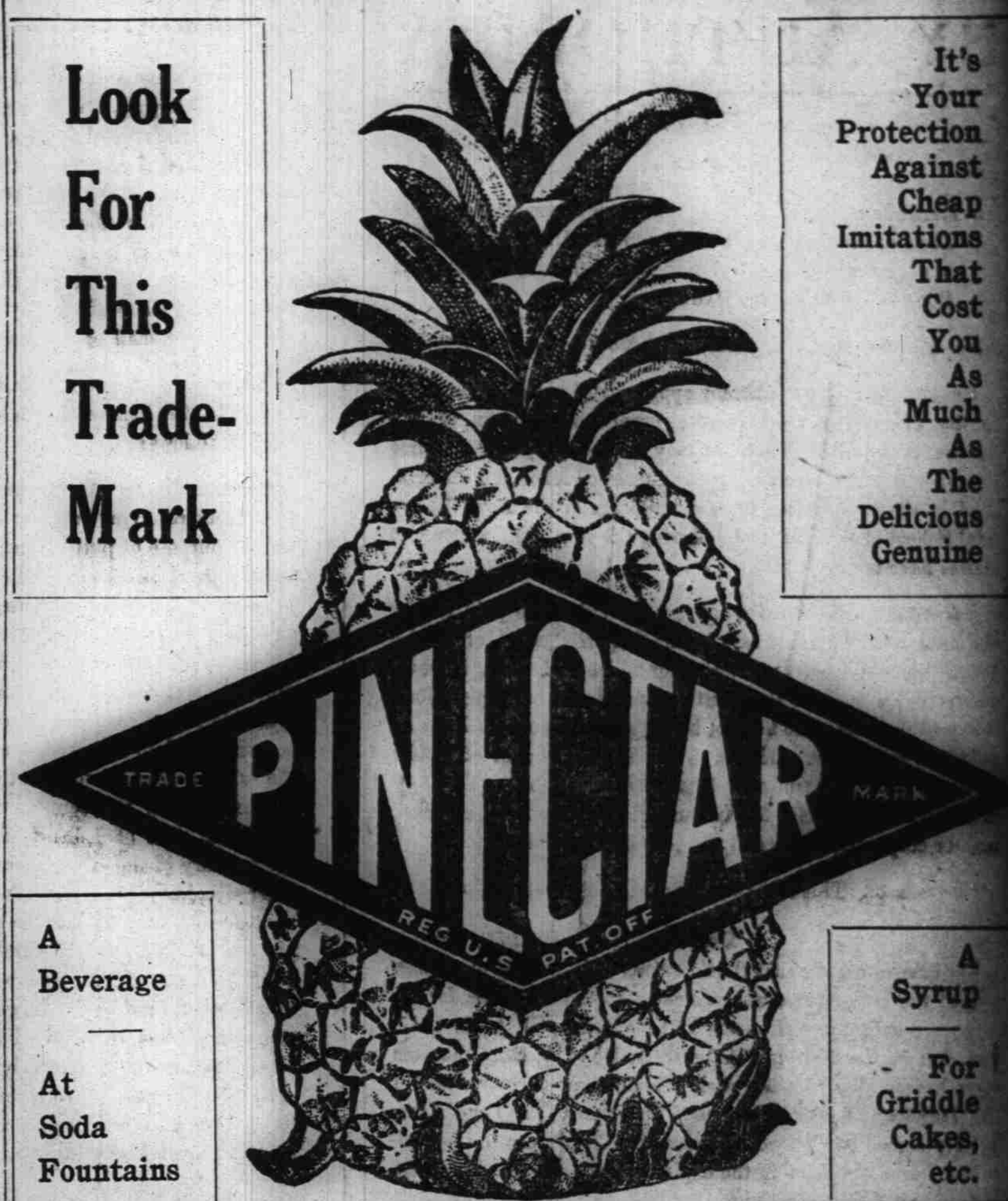
1. Shred pulp and place in cups  
of tiny lettuce leaves, each with a  
spoonful of mayonnaise dressing on top,  
and a walnut meat in the center, or
2. Mix the shredded pulp in a large  
salad bowl with French dressing made  
at the table and serve with lettuce, or
3. Pour over the shredded pulp the  
juice of sweet oranges with sugar  
and sherry to taste, add shaved ice  
and serve in sherbert cups as a fore-  
runner for luncheon.
4. Shredded pineapple either fresh  
or slightly cooked and chilled may be  
added to shaddock in any of these  
forms with good results.

**HOW TO GET UP AN HAWAIIAN  
SUPPER.**To the uninitiated the Hawaiian  
supper presents a problem of insur-  
mountable difficulty. The toothsome  
native dainties which they would like  
so much to set before their visitors  
from the States are a riddle to them—  
and to get an Hawaiian caterer would  
be too great an expense. They event-  
ually content themselves with broiled  
mullet and sliced pineapple, sliding  
over the European part of the menu  
with tales of fine luau.But it is quite a simple matter in-  
deed to get up a poi supper which—  
though perhaps not as elaborate as a  
regular Hawaiian luau would never-  
theless satisfy the hesitating tastes of  
the tourist we wished to initiate. Fol-  
lowing is a menu, with most of the  
necessary recipes which any hostess  
aspiring for Hawaiian style as well as  
economy could adopt.**Hawaiian Supper.**

- Alligator Pear Cocktail.  
Broiled Lobster. Baked Breadfruit.  
Mullet baked in ti leaves.  
Poi Cocktail. Taro Cakes,  
Luau and Chicken.  
Hawaiian Sweet Potatoes.  
Tamarind-ade. Pickled Pineapple.  
Orange Straws.  
Grape Fruit Salad.  
Young Coconut Desert.  
Fresh Fruit. Kona Coffee.

**Recipe for Alligator Pear Cocktail.**Cut the fruit in small pieces. Make  
a sauce of tomato catsup, lemon juice,  
salt and pepper. Serve in glasses with  
chopped ice.**VALUE OF HAWAIIAN FRUITS**Attention enough is not paid to the  
food value and medicinal qualities of  
our Hawaiian fruits. In lamenting the  
absence of northern fruit, we are  
not to forget, or at least underrate the  
benefit to be derived from our tropical  
products. For instance:The pineapple is the only fruit  
known to contain a vegetable pepsin  
which aids digestion. To get full ben-  
efit of this fruit should be eaten  
without sugar.The milky juice of the papaya con-  
tains a digestible principle similar to  
pepsin.The fig is considered one of the  
most healthful fruits known.The coconut ranks high in food  
value, containing 25 per cent fat and  
14 per cent starch.The banana contains a greater per-  
cent of food material than any other  
fruit, being chiefly starch and sugar.  
The strings which cling to the fruit  
are the only indigestible part, and  
should be removed before eating.The alligator pear contains 10 per  
cent fat.The tamarind contains a laxative.  
The watermelon, though it lacks  
food nutriment, is considered one of  
nature's purifiers.Taro contains great fattening quali-  
ties.Grapes exceed all other fruits ex-  
cept dates in amount of sugar.**For Poi Cocktail.**To one glass of milk add 3 table-  
spoons of poi and one tablespoon of  
sugar. Mix well.**For Mullet Baked in Ti Leaves.**For about 10 mullet which have  
been cleaned and sprinkled with salt  
and pepper both inside and out, make  
a thick pad of ti leaves. Wrap all the  
mullet together in ti leaves and put  
on top of the pad. Pour in 3 cups of  
water which will prevent them from  
burning and bake in a hot oven for  
15 or 20 minutes.**For Kona Coffee.**A tablespoon of ground coffee and  
a cup of water to each person and one  
for the pot. Put in an egg for clear-  
ing. Allow mixture to boil up twice  
and serve.**For Orange-straws.**Cut orange skins in strips and boil,  
changing the water several times, un-  
til peel is tender and no longer bitter.  
Make a syrup of equal parts sug-  
ar and water, and boil peel in it for  
10 minutes. Lift out with a skim-  
mer on plate. When cool roll in gra-  
nulated sugar and place on buttered  
plate. Roll again in sugar the  
next day.**For Taro Cake.**Cut skin from taro, divide in small  
pieces and cover with salted water  
in a saucepan. Boil 50 minutes or  
until tender. Mash until free from  
lumps and form into cakes, and fry  
in butter or deep fat. Drain and  
sprinkle with salt.**For Luau and Chicken.**Take the young, tender leaves of  
three taro plants and strip stems.  
Boil, changing water 3 times and add-  
ing pinch of soda. Cook 45 minutes  
or until tender, add a little milk and  
salt and pepper. This makes the  
luau. Stew a chicken, and when done  
pour off the gravy and mix chicken  
with the luau. Grate two coconuts  
and pour over the chicken as a gravy.**For Hawaiian Sweet Potatoes.**Mix 1½ pound sweet potato that  
has been grate raw with the milk  
and strained juice of a grated cocon-  
ut. Add a little salt and about 2  
tablespoons of sugar. Bake slowly  
for two or three hours.**For Pickled Pineapple.**Take a pineapple that is not too  
ripe. Pare, core and cut it in small  
pieces. To four measures of pine-  
apple take 1 measure vinegar, 3 mea-  
sures of brown sugar, a few whole  
cloves and pepper-corns. After this  
liquid has been boiled a few minutes,  
add pineapple and boil until fruit is a  
golden yellow. If the syrup is not  
rich, boil down before pouring over  
the fruit.**For Tamarind-ade.**Shell a dozen or more tamarinds  
in two quarts of water. Let soak  
an hour, stir and sweeten to taste.**For Broiled Lobster.**Split the live lobster down through  
the middle with a hatchet so that half  
his legs are on one side and half on  
the other. Wash carefully, and quick-  
ly sprinkle with salt and pepper, and  
broil over a hot charcoal fire for about  
fifteen minutes. Serve with butter.**For Grapefruit Salad.**Cut grapefruit in halves take out  
pulp, remove seeds chop in small  
pieces. Mix with chopped nuts, re-  
place in skins and serve with mayon-  
naise.**For Coconut Dessert.**Select very young coconuts and  
split in half. Take out the soft pulp,  
chop in not too fine pieces, mix with  
stewed mulberries or strawberries  
and put back in shells. Serve with  
whipped cream.hemian Club of San Francisco, of  
which Bispham is a member of many  
years standing, was entertaining with  
a house jinks and in the interval be-  
tween the two parts of the program  
being rendered on the club stage, Bis-  
pham appeared, unbeknown to his fel-low members, and put on a remark-  
able stunt which he quietly and care-  
fully had prepared for the occasion.As the curtain rose, "John Silver," a  
pirate from the inside out, stood be-  
fore the audience, a green light shin-  
ing through the port-hole of a boat  
heightening the reality of a really re-  
markable stage-pirate, and Bispham  
sang "Fifteen men on a dead man's  
chest," without any of the astonished  
audience realizing who was the per-  
former, but simply recognizing merit  
and applauding accordingly.The curtain again was drawn and  
the audience beheld a little old negro,  
bent with years of toil, bowed of legs  
and bald of head, arrayed in the popu-  
lar garb of ante-bellum days; includ-  
ing an old-fashioned swallow-tail coat,  
red bandana handkerchief, carpet-bag  
and green umbrella, and Bispham pa-  
thetically rendered the song, "Uncle  
Rome," or "The Old Boatman." The  
pathetic little sketch, which tells of  
the old dandy who has returned to  
the plantation after an absence of  
many years to find all the loved ones  
either dead or gone away, brought  
tears to many eyes before the curtain  
again was lowered and the performer  
greeted with torrents of applause.Once more the curtain rose to a  
transformation and the audience be-  
held an erect young man, straight of  
limb, with musket at shoulder and cap  
set jauntily aside his head, while  
Bispham sang that masterpiece of  
Kipling's, made familiar by years of  
rendition before hundreds of thou-  
sands of persons around the world—  
"Danny Deever.""Danny Deever" opened the eyes of  
the members of the Bohemian Club to  
the fact that their fellow-member,  
David Bispham, was the performer,  
and he was greeted as befits a member  
of that popular and exclusive organi-  
zation, and a singer of world recog-  
nized ability.At the first concert, this evening,  
Bispham will sing "Danny Deever." The  
"Pirate Song" will be given at a  
second concert, Monday evening, and  
it is probable that a third concert will  
be arranged before Bispham sails for  
a three-month's tour of Australia,  
which will include "The Old Boat-  
man."Harry Gilbert, the American pianist  
composer, will assist in each of the  
Bispham concerts.**For Baked Breadfruit.**

Bake in hot oven.

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Soda  
Fountains**It's  
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Against  
Cheap  
Imitations  
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Delicious  
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